

# Effectiveness of www.SnelBeter.nl: activating occupational care on-line in employees with sickness absence due to back or neck pain.

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The purpose of this study is to investigate the effectiveness of a website. If the results indicate that the website is effective, the website may be implemented on a large scale. With the use of an effective website, companies will receive better...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Muscle disorders
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29814

### Source

ToetsingOnline

### Brief title

Effectiveness of www.SnelBeter.nl

### Condition

- Muscle disorders

### Synonym

back and neck disorders / pain, non specific back and neck complaints

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Vrije Universiteit Medisch Centrum

**Source(s) of monetary or material Support:** EMGO Instituut, VU medisch centrum: cofinancier voor de personele kosten tbv uitvoering en begeleiding van het onderzoek, KLM: cofinancier voor de directe kosten van de internet interventie en de uitvoering van interventies door arbo-professionals op basis van advies uit de internet interventie, NS: cofinancier voor de directe kosten van de internet interventie en de uitvoering van interventies door arbo-professionals op basis van advies uit de internet interventie, STECR Aladdin, WorkWell: cofinancier voor de kosten tbv de ontwikkeling van de website

## Intervention

**Keyword:** activating occupational health care, effectiveness, internet, musculoskeletal disorders

## Outcome measures

### Primary outcome

There are three primary study parameters:

- 1) Employees understanding of their situation and autonomy
- 2) Performance of OPs
- 3) Time to refer by the OP

### Secondary outcome

The secondary study parameter is time to full return to work.

## Study description

### Background summary

Many employees who are sicklisted do not really know how to handle the situation. Simple and specific education and individually based instructions through a website can possibly solve or reduce this problem. Besides, the website contains a questionnaire which offers relevant information for the occupational physician (OP). This can be a helpful tool, because OPs unfortunately often neglect guidelines. Previous studies show that OPs do not refer at all or refer too late to specific interventions. This study will investigate the effectiveness of an interactive website. The hypothesis is that employees, by using this website, learn how to handle the situation. This will improve recovery and stimulate earlier return to work. Besides, the OPs will receive more information by using this website. Due to this extra information

OPs can refer quickly to an intervention.

## **Study objective**

The purpose of this study is to investigate the effectiveness of a website.

If the results indicate that the website is effective, the website may be implemented on a large scale. With the use of an effective website, companies will receive better care from their occupational health service. This will result in a reduction of symptoms, disorders, sickness absence and costs.

## **Study design**

Randomized Controlled Trial (RCT) with one intervention (n=64) and one control group (n=64). Randomisation will take place on the level of the occupational physician (OP). Furthermore, the prerandomisation design will be used. This means that participants are not aware of the randomisation procedure, but will only be informed about the general purpose of the study.

## **Intervention**

All participants will receive usual care in accordance with the guidelines for OPs.

Besides, participants in the intervention group will also use the website. This website is an extra tool to understand their situation and illustrates what they can do themselves to solve the problem. The website generates simple but specific information about the situation for each employee. Moreover, the website gives individually based instructions.

Besides, the OPs will receive more information by using this website. Due to this extra information OPs can refer quickly to an intervention.

## **Study burden and risks**

At two moments, participants are asked to fill in a questionnaire. We estimated that one questionnaire will take 20 minutes to fulfill. Participants in the intervention group will also need some time to read the information on the website and perform the instructions which are given. It is difficult to estimate the amount of time needed for the website.

There are no risks involved in this study.

All participants receive usual care in accordance with the guidelines for OPs.

Participants in the intervention group will also follow instructions on the website, which can not lead to serious adverse events. All exercises are based on the nature and history of the complaints.

Moreover, specific or serious complaints will be checked by the OP before

someone can participate in the study.

## Contacts

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

Non specific back or neck complaints and sickness absence due to these complaints

Understanding of the Dutch language

Internet access also at home

### Exclusion criteria

Serious complaints (red flags, e.g. high fever), which need immediately medical care from a

specialist

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Treatment

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-09-2006
Enrollment:	128
Type:	Anticipated

## Ethics review

Approved WMO	
Application type:	First submission
Review commission:	METC Amsterdam UMC

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

### Register

CCMO

### ID

NL11705.029.06